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ABSTRACT OF THE DISCLOSURE

A highly effective, efficient, and cost-effective improved volleyball practice device. Embodiments include a support beam holding one or more volleyballs in a suspended fashion so as to allow players to practice both offensive and defensive skills. Said volleyballs are arranged so that practice is both highly effective and efficient. That is, several players may practice at one time and in such a way that coaches can closely evaluate each players technique. Further, the present device is portable. This feature allows smaller groups of player to separate and focus on different aspects of the game. Finally, the present device is cost-effective, and therefore can be afforded by players that may not normally have access to traditional practice facilities. The improved volleyball practice device is thought to be most useful for effectively teaching players essential skills such as spiking and blocking.